



**Town of East Hampton
Human Services Department and
Recreation Department**

**Wellness 60+
YOGA with Stacy
FREE for the 60+ Community
Classes beginning October 2, 2023**

Chair Yoga—

Mondays & Fridays at 8:30 AM

Floor Yoga—

**Wednesdays at 8:30 AM @ the
East Hampton Senior Center
128 Springs Fireplace Road**



Born and raised in East Hampton Stacy is thrilled to be able to share her love of yoga with the community in which she grew up. Stacy's classes are uplifting, alignment focused and thoughtfully sequenced. Stacy completed the 300 hour Yoga Shanti Teacher Training program in 2011, the 100 hour advanced training in 2014 and the Urban Zen Integrative Therapy program in 2014. She has since gone on to be a Faculty member in Yoga Shanti Teacher Trainings. Stacy is proud to be a part of the community.

For further information call 631-329-6939